

NEW HORIZONS

York County Area Agency on Aging

Volume 26, NO. 1

Spring 2019

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Inside This Issue . . .

| | |
|--|----|
| From the Director | 2 |
| Elder Abuse Increasing | 3 |
| Healthy Gardening | 4 |
| Eat Right When Money's Tight | 5 |
| Property Tax/Rent Rebate UPDATE | 6 |
| Falls Prevention/Health & Wellness Classes | 7 |
| 2019 York County Senior Games | 8 |
| Senior Games Schedule of Events | 9 |
| Beware of Scammers | 10 |
| REAL ID in Pennsylvania | 11 |
| Co-Signing Student Loans | 12 |
| PACE & PACENET | 13 |
| Elder Law UPDATE | 14 |
| Pre-Retirement Seminar | 15 |
| Senior Farmers Market Nutrition Program | 16 |

Older Americans Month ~ May 2019



Older Americans Month was established in 1963. At that time, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs.

In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month." Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

The Older Americans Act (OAA) was signed into law by President Lyndon B. Johnson in 1965. It has created the foundation for a nationwide system of services and supports that helps millions of older adults continue to live independently, and with dignity, as they age.

The 2016 OAA reauthorizes programs through Fiscal Year 2019. It includes provisions that aim to protect vulnerable elders by strengthening the Long-Term Care Ombudsman program and elder abuse screening and prevention efforts. It also promotes the delivery of evidence-based programs, such as falls prevention and chronic disease self-management programs.

It is estimated that OAA services reach one in five older adults, with special emphasis on serving the most vulnerable among the older population. These services include connecting people with information about available resources and assistance accessing those resources; homemaker and personal care services; home-delivered and congregate meals; caregiver support; preventive health services; transportation; legal assistance; and elder abuse prevention.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Older Americans

Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2019 is **Connect, Create, Contribute.**

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. In York County, seniors are busier than ever connecting, creating, and contributing during their retirement years.

York County Senior Centers provide a place for learning, socialization and health promotion. In addition to a nutritious meal, many wonderful programs and activities are provided to **Connect, Create and Contribute.** There is no cost to attend. *Visit page 15 for their contact information.*

In York County, seniors are connecting and creating by participating in evidence-based programs that promote good health and personal enrichment. Fall prevention and health and wellness classes are offered to help older adults manage their concerns about falling and increase activity levels, as well as to manage chronic health conditions. *See page seven for class schedules.*

If maintaining fitness and a healthy lifestyle sound good to you, this issue of *New Horizons* presents the 2019 York County Senior Games. York County residents 50 years of age or older by December 31, 2019, are eligible to participate. *See pages eight & nine for the event schedule and registration information.*

If you have a few extra hours to spare, there are many volunteer opportunities offered through the York County Area Agency on Aging to contribute your time, talent and life experiences. Remember, no one can do everything, but everyone can do something. Do *something* today and volunteer. Make a difference in someone's life, as well as your own.

CONNECT. CREATE. CONTRIBUTE.

Source: Administration for Community Living



From the Director

Dear Reader:

Welcome to 2019 and the opportunity to make this year better than the last. Spring is traditionally a time of celebration as the cold weather comes to an end and Mother Earth begins to renew herself.

It is a special time and often sets the tone for the rest of the year.

As we celebrate the arrival of spring, our Agency prepares to celebrate a special group of people, Older Americans. Older Americans Month is celebrated each May and individual years are given a theme. The theme for this year's Older Americans Month is **Connect, Create and Contribute**.

- **Connect** with friends, family, and services that support participation
- **Create** by engaging in activities that promote learning, health, and personal enrichment
- **Contribute** time, talent, and life experiences to benefit others

All three of these actions are fundamental to the communities we live in.

Communities are made up of individuals that **connect** with each other for support and social interaction and each of these connections strengthens the community. Interactions with other members of the community form an environment that allows people

to **create** and learn from one another and provides opportunities to **contribute** and give back. All of these activities are key components to successful aging.

Connect, Create and Contribute is at the heart of the York County Senior Games. This is the eighteenth year for the Games, which will be held from Monday, June 17th through Friday, June 21st. The Games always offer a wonderful opportunity for seniors to **connect** with other seniors, whether it is through friendly competition or volunteerism. The Games also offer the chance to engage in activities that provide exercise and the opportunity for personal enrichment. One of the best things about the Games is that everyone gets to **create** their own experience. It is up to each individual as to how involved they would like to be. Many seniors will participate in multiple events and some will participate in only one; however, all participants **contribute** to the success of the Games.

If you feel you would like to **connect** with other seniors, create your own experience or contribute in other ways please review the details about the Senior Games in this issue of the *New Horizons*. You can also review the information on our website at www.ycaaa.org.

We all have a need to **Connect, Create and Contribute**. I hope this year provides you many opportunities to do all three. Enjoy the spring and we will see you at the Games.

Mark W. Shea



NEW HORIZONS

Published the first day of March, June, September and December

By

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Mission Statement

The primary focus of the York County Area Agency on Aging is to provide education, advocacy, and coordination of community-based services to empower older adults to maximize their independence and quality of life.

Acceptance of Advertising

The advertisements in this newspaper are based on information supplied by the Advertisers. Inclusion in the newspaper does not imply endorsement of the product or service by YCAAA or the York County Commissioners, nor does exclusion imply disapproval. YCAAA accepts no responsibility for the quality of service provided by any organization listed.

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**York County Area Agency on Aging
New Horizons**

**100 West Market Street
York, PA 17401**

Spring 2019

Please notify YCAAA to discontinue your mailed issue.

YCAAA Advisory Council

The next York County Area Agency on Aging's Advisory Council meetings will be held at

12:30 pm on:

Monday, April 8th

Monday, June 10th

Monday, August 12th

Note Change with Locations:

April and June's meetings will be held at the Rabbitransit offices located at 415 Zarfoss Drive, York.

August's meeting will be held at the York County Department of Emergency Services, 120 Davies Drive, York

Welcome to the new slate of Advisory Council officers who will be serving from 2019 through 2021:

- Robert Jensenius, Chair
- Dr. Robert Fawcett, Vice-Chair
- Carol Lyons, Secretary

Special thanks for the years of service provided to the Advisory Council and York County Area Agency on Aging to the outgoing slate of officers:

- Patricia Egger, Chair
- Sharon (Bixler) Eyster, Vice-Chair
- Joni Griffin, Secretary

YCAAA Stars!

Volunteers of the Month

March
Ruth Hartnett
Ombudsman

April
Dean Wise
Judicial Center Tour Guide
Deliveries

May
Shirley Kinard
General Office Assistant
Telephone Reassurance

Elder Abuse

Increasing in York County



By: Jennifer Weitkamp, York Area Agency on Aging, Protective Services Supervisor II

Elder abuse is identified as a growing problem in our communities. In York County alone, there have been an additional 200 reports from 2017-2018, leaving a grand total of 1,001 elder abuse cases investigated. York County Area Agency on Aging has a team of dedicated caseworkers whose primary focus is to investigate these claims, and mitigate any potential or occurring risk.

Often members of the community are shocked to hear that elder abuse is this much of a problem in York County. What is even more shocking to learn is that many of these cases often go unreported. The victims of elder abuse are generally “less visible”. This could be for a myriad of reasons, but often **it is that isolation that makes them the perfect victim for abuse or neglect.**

When we speak about elder abuse, it’s not just about physical abuse or stealing from seniors. The two most reported types in York County are **self-neglect** and **caregiver neglect**. Many times, these are the exact types of neglect that are very difficult for outsiders to notice.

Self-neglect can look like such things as changes in appearance, weight loss, increased forgetfulness, inability to manage medications, forgetting to pay the bills, and forgetting important appointments. While these things may not seem terribly

concerning individually, they can lead the older adult down a dangerous path if help isn’t sought.

Caregiver neglect is very similar, but instead of the older adult self-neglecting, they have a person who is supposed to be providing care for them who isn’t – for whatever reason. The caregiver can be anyone from someone who is being paid to provide the care, a friend, or a family member.

With the recent passing of **House Bill 1124**, we now have an increased ability to hold those accountable who are involved in the neglect and abuse of the elderly and other care-dependent persons. York County Area Agency on Aging works closely with police departments and the District Attorney’s office to hold those people accountable who commit crimes against some of our most vulnerable seniors. This is very important as we move forward to shed light on the topic of elder abuse.

Your help is imperative. Social problems are bigger than one agency, and we look to our fellow York Countians to let us know who needs assistance. When you start to notice that your neighbor is experiencing “changes”, the best action you can take is to reach out to them, reach out to the family, or contact your local Area Agency on Aging.

Take those concerns seriously; you may be the only one who sees the problem. One call can truly change the life of a senior in need. York County Area Agency on Aging is available 24 hours a day to receive calls concerning elder abuse. We can be reached at **717-771-9610** or **1-800-632-9073**.

Rent-A-Kid

An intergenerational program bringing youth and older adults together

The Rent-A-Kid Program allows older adults to hire local youth to help with various chores.

To be eligible for the program you must be:

- A York County resident
- 60 years of age or older
- Agreeable to reimbursement of a minimum of \$5/ hour, or a negotiated rate based on the job.



Arrange for help **BEFORE** you need it. Contact the Rent-A-Kid Coordinator at the York County Area Agency on Aging 717-771-9103 or 1-800-632-9073, aging@yorkcountypa.gov, or www.ycaaa.org.

A Big THANK YOU!

Celebrated during the month of April in the U.S., a Presidential Proclamation established **National Volunteer Week** in 1974.

“A volunteer is a person who can see what others cannot see; who can feel what most do not feel. Often, such gifted persons do not think of themselves as volunteers, but as citizens – citizens in the fullest sense; partners in civilization.”

– President George H.W. Bush

The York County Area Agency on Aging appreciates the 200+ volunteers who give tirelessly of their time and talents to the many older adults in this community. Our volunteer’s dedication and commitment is extremely valuable, and makes a difference in the lives of those they touch. **Thank you!**

For more information, contact Hope Eberly at 717-771-9610 or 1-800-632-9073, or at hceberly@yorkcountypa.gov.

Making a Difference In The Lives of People with Dementia

Friday, April 5, 2019

Zion United Methodist Church
1030 Carlisle Avenue, York

Do you know someone with dementia? Are you a caregiver, child or spouse of someone with dementia? Have you been diagnosed with dementia? If you answered “yes” to any of these questions, this seminar is for you.

Registration &

| | |
|------------------------------|-----------------------------|
| Continental breakfast | 8:00 am -- 8:30 am |
| Presentations | 8:30 am -- 11:30 am |
| Panel discussion | 11:30 am -- 12:30 pm |
| Lunch | 12:30 pm -- 1:30 pm |
| Small group sessions | 1:30 pm -- 3:30 pm |

The “Making a Difference in the Lives of People with Dementia” seminar, sponsored by Visiting Angels and Good News Consulting, provides education and community resources for families who have a loved one with dementia.

Our guest speaker is Dr. Kenneth Brubaker, the former Chief Medical Director for the Pennsylvania Department of Aging and the Office of Long Term Living.

Topics include:

- What to expect as the disease progresses
- How to communicate better
- Techniques and approaches for different stages
- Simple activities and games
- Updated medical advances and research
- How to care for yourself as a caregiver
- Breakout sessions that provide more information: Creative Art, Technology, 20 Tips in 20 Minutes, and Busy Hands

Community organizations, including the York County Area Agency on Aging, will be present to assist families as they navigate through the medical, legal, financial and personal aspects of the disease. Representatives will be available to answer individual questions and provide valuable resources.

This event is **FREE!** However pre-registration is required as seating is limited. Call **717-751-2488** to pre-register and reserve your seat. Also, door prizes and light refreshments will be provided throughout the day.

Healthy Gardening

Tips for New and Experienced Gardeners

There are many benefits to growing your own fruits and vegetables, including:

- More fresh and healthy food – fruits and vegetables contain fiber, vitamins, and minerals and can reduce the risk of stroke, diabetes, heart disease, obesity, and some types of cancer
- More control over whether chemicals are used to treat for pests and weeds
- More exercise and a chance to connect with nature
- Less need to transport food from distant farms
- Lower fruit and vegetable bills at the grocery store

Where's the best location for my garden?

There are many factors to consider. To start, you will want a sunny spot with good drainage. Look for an area that already has a lot of grasses and weeds.

Some areas may be a problem if they have soil with harmful chemicals. Chemicals may be there naturally or from past and present land use. Gardening can increase your chance of being exposed to these chemicals, particularly by eating fruits or vegetables grown in the soil and by accidentally swallowing or breathing in soil particles.

If you can, pick a garden space away from roads and buildings, especially old buildings that could deposit lead paint chips and dust. If you see signs of waste ash, oil, or other waste material, consider another location. Also, avoid flood-prone areas since some rivers and streams can leave chemical-containing sediment on the land.

If you think your garden area may contain high levels of chemicals, the only way to know for sure is to test the soil through a certified laboratory. But, this can be expensive and the test results can be hard to interpret. It's better to avoid planting in those areas if possible.

How do I grow and harvest healthy fruits and vegetables?

Maintain good soil.

- Each year, add aged compost or manure to enrich the soil. Also, check your soil pH – the ideal range varies from plant to plant. If your soil is too acidic, increase the pH by adding lime, available from your local gardening supply store. Rich soil with proper pH levels can make it less likely that the plants will take up harmful chemicals.
- Mulch the soil. Mulch maintains soil moisture and controls weeds. It also reduces soil splash on vegetables during rain or watering, which can reduce your exposure to chemicals in soil.



Follow these planting and gardening tips.

- If you are concerned about chemicals in the soil, consider growing vegetables in raised beds with clean soil (at least ten inches deep). Use untreated wood to make the beds. Pressure-treated wood and railroad ties contain added chemicals.
- Wear gloves when working in the garden and avoid bringing soil inside the house.
- Brush off your clothes and remove shoes and gloves.
- Wash up with soap and water after gardening, or any time before you eat.
- Keep an eye on little ones to make sure they do not eat soil or put dirty toys or other objects in their mouths. Young children can be more sensitive to certain chemicals in soil, such as lead.
- If you are having problems with pests, try using an "Integrated Pest Management" approach. If you do use pesticides, carefully read and follow all label instructions.
- And remember, if you plan to be outside for more than 10-15 minutes, apply sunscreen or wear protective clothes (for example, long sleeve shirt, long pants and a wide brimmed hat).

Prepare to eat and enjoy!

- Always wash or rinse fruits and vegetables before eating them.
- If you are concerned about chemicals in the soil, peel below-ground vegetables (such as carrots and potatoes) and those grown in close contact with soil (such as cucumbers).
- Remove outside leaves of leafy head vegetables (such as lettuce and cabbage) that may have soil particles stuck to them.

Source: <https://www.health.ny.gov/environmental/outdoors/garden/>

Fitting Exercise and Physical Activity into Your Day

Don't let a busy day stop you from exercising! There are many ways to squeeze a little physical activity into your day. To get the most out of exercise and physical activity, they need to be a regular part of your life.

Here are some ideas to help you fit physical activity into your day:

Make it a priority. Remember that being active is one of the most important things you can do each day to maintain and improve health.

Make it easy. You are more likely to exercise if it is a convenient part of your day.

- Walk the entire mall or every aisle of the grocery store when you go shopping.
- Try being active first thing in the morning before you get too busy.
- Join a gym that is close to your home and easy to get to.
- Take one or more flights of stairs up and two down.

Make it social. Many people agree that an "exercise buddy" keeps them going.

- Take a walk during lunch with coworkers.
- Try a dance class—salsa, tango, square dancing—it's up to you.
- Use family gatherings as a time to play team sports or do outdoor activities.

Make it fun. Do activities you enjoy to make exercise more fun, if you love the outdoors, try biking or hiking, or try listening to music while you garden or wash the car.

Make it happen. Plan to be active in many places and many ways.

- Be realistic based on how physically active you are now.
- Be specific in the details.
- Include a weekly worksheet that details your activities.

Quick Tip

Try scheduling just 30 minutes of exercise every day. Mark it on your calendar. Or try participating in the York County Senior Games to get started! (see pages eight and nine for more information.)

Source: <https://go4life.nia.nih.gov/>

BRAIN HEALTH AND AGING: The Basics

Aging well depends on your genes, lifestyle choices, and environment. Even if you're healthy, brain changes as you age may lead to increased challenges with multitasking, paying attention, and recalling words. However, most of us—at any age—can learn new things and improve skills, **which can be important for maintaining our independence.**

PROTECTING YOUR BRAIN HEALTH

Good overall health may help to maintain good brain health. These tips may help you stay active and healthy, physically and mentally.

Eat or drink less sugar, salt, and solid fat

Eat more fruits, vegetables, and whole grains

Choose lean meats, fish, or poultry

Control portion sizes

Choose low- or non-fat dairy

Drink adequate fluids

Make physical activity a part of your routine

Seek exercise guidance from a health-care provider

Join programs that teach exercise safety

Volunteer or work

Join a social club, gather with friends, or try programs at local community centers (*see page 15 for a list of local senior centers*)

Get seven to eight hours of sleep every night

BRAIN HEALTH RISKS

Genetic risks to brain health are inherited, but the lifestyle and environmental factors you control may be changed to help overcome some of these risks and help maintain brain health.

♥ **Health conditions** - Manage your cholesterol and blood pressure, exercise, eat healthily, and get recommended health screenings. Quit smoking. Limit alcohol. Get seven to eight hours of sleep.

♥ **Falls and other accidents** - Exercise to improve balance, wear safety belts and helmets, get an eye exam, make sure your home is safe, and get enough sleep.

♥ **Consuming alcohol** - Older adults should be

especially careful because medicines can interact with alcohol. Either don't consume it, or have no more than one drink per day for women and two drinks per day for men.

♥ **Medications** - Talk to your health care providers about all prescription and over-the-counter drugs you take.

WHERE TO BEGIN

Many things can affect brain health. Start with one small step in the right direction:

Schedule a health screening or physical exam; review your medicines with your health care provider; add one daily serving of vegetables to your diet; start a food, activity, or health journal; find your community center's activity schedule.

If you are a Medicare beneficiary, schedule an Annual Wellness Visit with your physician, because routine health visits may identify ways to improve brain health. (*See page 14 of this publication for more information on Wellness Visits.*)

Source: <https://brainhealth.nia.nih.gov/brainy-resources>

Eat Right When Money's Tight!

As the partial federal government shutdown continued this winter, SNAP recipients received February's benefits early. But during these uncertain times, it is more important than ever for everyone to make smart decisions when budgeting and food shopping. These tips from the USDA can help stretch a dollar further, and keep healthy food on the table.

Before Shopping

Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use. Plan to prepare and eat foods you already have at home first.

Know how much money you have to spend on food. Make a shopping list based on the money you have to spend and what foods you need.

Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.

For added savings, sign up for the store discount card or bonus card at your local supermarket. These are often available free of charge.

During Shopping

Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.

Try store brands. They are the same quality and cost less.

Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

Compare products for the best deal. Use unit pricing, as well as the Nutrition Facts labels to get the best product for your money.

Buy the freshest food possible. Check "sell by" or "use by" dates.

After Shopping

Store food right away in the refrigerator or freezer to keep it fresh and safe.

If you buy a large amount of fresh food such as meat, poultry or fish, divide it into meal-size packages, label the food, and freeze it for later use.

Use foods with the earliest expiration dates first.

Visit a local food pantry if you don't have enough supplies to feed yourself or your family.

Best Buys for Cost and Nutrition

BREAD AND GRAINS:

Choose whole-grain breads. Look for bargains on day-old varieties.

Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES:

Buy large bags of frozen vegetables.

When choosing canned vegetables, look for "low sodium" or "no added salt" on the label.

FRUITS:

Buy fresh fruit in season -- it generally costs less.

Frozen and canned fruits are available year round. They can save you money and have similar nutrition values to fresh.

DAIRY:

Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.

Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS:

Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling.

Canned tuna packed in water is an inexpensive, healthy protein choice. Light tuna has less mercury than white (albacore) tuna.

Source: U.S. Department of Agriculture/Food and Nutrition Service.

My loved one died. Why is it taking so long to finalize the estate?

By: Jeffrey R. Bellomo, Certified Elder Law Attorney

As a certified elder law attorney, I am often asked the above question at networking events or social gatherings. Many assume that after a person dies and an administrator or executor is appointed by the Court, the work is almost finished. This could not be further from the truth; the lengthy process ahead has only just begun.

Surviving family members often have to deal with the time-consuming probate process. This involves a long list of required actions which includes obtaining an EIN or TIN (tax number), opening and managing an estate account, legal advertising of the estate, legal notices to numerous parties including heirs/beneficiaries, the Court and other agencies, gathering and dealing with assets, determining and paying debts of the deceased, filing the fiduciary income tax return, and, of course, filing the Pennsylvania Inheritance Tax (PIT) return and paying any taxes due. These steps have to be taken in every estate, no matter how simple the family thinks an estate is.

Even if the deceased had a living trust to avoid probate, there still are certain administrative and follow-up items that take time to complete, including all the related tax return filings.

One requirement that can be particularly time-consuming is the preparation of the PIT return, which is due nine months after the date of death. Date of death values must be provided for all assets of the deceased. For example, if there are financial accounts, letters requesting the date of death values must be sent to those companies or financial institutions, and their written responses are attached to the PIT return. It can take several

weeks to several months to receive the required information. Neither the attorney nor the administrator/executor can control the timing.

Thus, you should realistically expect that the estate will take approximately seven to nine months to complete. Final distribution of assets is typically not completed until the Department of Revenue issues the acceptance and approval of the PIT return. This will add at least several months to the timeline, depending on the Department's caseload. Delays can also occur because it may take time to liquidate certain types of assets. For example, if real estate must be sold, it may take months for the proceeds to be available.

Delays can also occur in other points in the process. For example, if sufficient funds are unavailable immediately after death to pay for funeral and other estate-related expenses, it may take longer to address those issues. For this reason, we often recommend that people maintain a small life insurance policy payable to their spouse and/or children. Life insurance proceeds are usually available quickly and can alleviate some of those initial money issues. Life insurance can also provide funds to surviving family members while the estate is pending.

The best advice to anyone in this situation is to have realistic expectations. An attorney experienced in estate matters will certainly help things go more smoothly. However, an understanding of the timeline and realization that the process cannot always be rushed will minimize the frustration and anxiety that can arise in dealing with these issues.

Know Anyone In Need of Home Repairs?

The York County Home Improvement Program (HIP) and York City Owner-Occupied Rehabilitation Program, administered by the Housing Division of the York County Planning Commission, are looking for qualified applicants.

Both programs are designed to help income-eligible resident homeowners in York County and York City by providing financial and technical assistance for necessary home repairs including, but not limited to, roofing, heating, electrical, plumbing, sewer/water and septic hookups, and Senior Safe/ADA modifications to owner occupied homes.

Funds are provided in the form of a zero-interest loan with a deferred payment. This means that a mortgage in the amount of the loan is filed against your property for security. As long as **you**, the program participant, remain the occupant and owner of the property, no payment is required and

no interest is charged. When the property is sold or transferred, or it ceases to be your residence, the full balance on the loan becomes due and payable. The deed to the property remains in your name and is not transferred to the County or the City of York.

To qualify, your property must have conditions defined as substandard by the local housing code or by the program's rehabilitation standards, and you must meet the income eligibility. The goal of the program is to help you bring your home into standard condition. Grant funds may be available to qualified applicants.

For more information about these programs, and income requirements, please visit www.yorkhip.org or contact a representative in the Home Improvement Program by e-mail at kwilston@ycpc.org or call 717-771-9870, **Option 2**.

Friendly Visitor Program

The Friendly Visitor Program provides weekly visits to seniors who have little social contact. This is both beneficial to the consumer, and gratifying for the Friendly Visitor volunteer. Some relationships have bloomed over a 10-year period!

The main requirement for the Friendly Visitor volunteer is a willingness to visit an individual on a weekly basis for at least an hour. This is ideal for a volunteer who wants a pleasant and non-demanding role that is also exceptionally fulfilling. Volunteers must be 18 years of age and able to complete simple monthly reports.

To apply to become a Friendly Visitor, please call Hope Eberly, Volunteer Coordinator at 717-771-9610 for an application and free training information. Or visit the "Become a Volunteer" page of www.ycaaa.org to download the application.

How Do I Get PA Property Tax/Rent Rebate Claim Forms?



The PA Department of Revenue has phased out bulk tax form ordering to reduce cost, reduce impact on the environment, and increase operational efficiency. This means that local agencies and sources, including the York County Area Agency on Aging, will no longer be able to order tax forms to distribute to the public. This includes the 2018 PA-1000, Property Tax/Rent Rebate Claim form, as well as other tax-related forms for PA. If you have received a Property Tax/Rent Rebate last year, you should receive a form automatically in the mail. To obtain a PA-1000, use one of the following options:

1. Call **1-888-222-9190**, **press 2** to leave a message to have one mailed to you.
2. To **download a claim** form from the internet, go to: <https://www.revenue.pa.gov/FormsandPublications/FormsforIndividuals/PTRR/Pages/default.aspx>
3. Contact your local legislator to obtain a paper copy.

Claim forms must be completed and submitted for the 2018 tax year by June 30, 2019.

FALLS Prevention Classes for 2019

The York County Area Agency on Aging offers an ongoing variety of evidence-based **FREE** wellness programs, to empower older adults and maximize their quality of life and independence.

Falls are a leading cause of injury and death for older adults, according to the Center for Disease Control; however, with the right information, your risk of falling can be reduced.

Our agency is offering the following **FREE** fall prevention classes in 2019, to **York County residents 60 years and older**. Mark your calendars and call to register. Space is limited for some classes, so register early.

Healthy Steps For Older Adults (HSOA)

This program raises awareness of falls, helps participants understand fall risks, and introduces steps on how to reduce falls. Referrals and additional resources are also available.

Dates, Times, and Locations:

March 6 & 13, Wednesdays, 10 am – 12 pm

(Snow dates: March 7 & March 14)

Red Land Senior Center

736 Wyndamere Rd., Lewisberry

Call Red Land to register: **717-938-4649**

March 20 & 27, Wednesdays, 10 am – 12 pm

(Snow date: April 4)

September House, 1251 W. King St., York

Call September House to register: **717-848-4417**

April 11 & 18, Thursdays, 1 pm – 3 pm

Normandie Ridge Community Room

1700 Normandie Dr., York

Call Dave to register: **717-718-2912**

Healthy Steps in Motion (HSIM)

This falls-prevention exercise program is for older adults of all fitness levels. Each session starts with a warm-up, followed by strength and balance exercises, and ends with a cool-down stretch. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, improving balance, and promoting increased socialization and physical activities outside of the program.

Dates, Times, and Locations:

May 13 – June 10, *Mondays & Wednesdays

1 pm – 2 pm, (*no class on May 27)

East York YMCA, 4075 E. Market St., York

Call the YMCA to register: **717-650-1270**

July 22, 26, 30

August 2, 5, 13, 16, 19

2 pm – 3 pm

SpiriTrust Lutheran® Zimmerman Place

800 Bollinger Dr., Shrewsbury

Call Faye to register: **717-771-9610**

A Matter of Balance (MOB)

A Matter of Balance presents practical strategies to reduce fear of falling and to increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall-risk factors, and exercise to increase strength and balance.

Dates, Times, and Locations:

April 1 – April 24, Mondays & Wednesdays

10 am – 12 pm

York Township Park Building, 25 Oak St., York

Call Faye to register: **717-771-9610**

April 1 – April 24, Mondays & Wednesdays

9:30 am – 11:30 am

South Central York County Senior Center

150 E. Main St., New Freedom

Call South Central to register: **717-235-6060**

May 8 – June 5, *Mondays & Wednesdays

10 am – 12 pm, (*no class on May 27)

York Township Park Building, 25 Oak St., York

Call Faye to register: **717-771-9610**

September 9 – October 2, Mondays &

Wednesdays, 10 am – 12 pm

York Township Park Building, 25 Oak St., York

Call Faye to register: **717-771-9610**

VOLUNTEER FINANCIAL COUNSELORS NEEDED

What happens to seniors who are no longer able to maintain their checkbooks, pay their bills on their own, or who have more complex budgeting problems? For York County Area Agency on Aging consumers who have these difficulties, the Volunteer Financial Counselor program is often the key to maintaining control over their financial affairs.

Financial counselors visit older adults on a regular basis and assist them with budgeting, balancing a checkbook, paying bills and other financial functions. Financial counselors work closely with the consumer's care manager. No experience is necessary.

Volunteers attend **FREE** training to acquaint them with the skills and program information necessary to do a good job.

If you are interested in becoming a Volunteer Financial Counselor, call Hope Eberly, Volunteer Coordinator, at **717-771-9610** or **1-800-632-9073**, or by email at **HCEberly@yorkcountypa.gov**.

Health & Wellness Class Schedule 2019



The York County Area Agency on Aging presents the following **FREE** classes for 2019! Mark your calendars and call to register!

Diabetes Self-Management Program

For: York County residents 60 and older living with Type 2 diabetes, and caregivers age 60 and older caring for someone with Type 2 diabetes.

Dates, Times, and Locations:

Wednesdays, April 3-May 8, 12:30 pm-3 pm

Penn State Extension Offices, York County Annex, 112 Pleasant Acres Rd., York

Call to register: Megan at **717-771-9610**

Diabetes Self-Management Leader Training

For: Adults who want to teach day-to-day management of Type-2 diabetes to older adults. Leaders should have diabetes, or a family member or friend who does.

Dates, Times, and Locations:

March 19, 21, 26, 28, 8:30 am-3 pm

(April 2 snow date)

York County 911 Center, 120 Davies Dr., York

Call to register: Megan at **717-771-9610**

10 Keys to Healthy Aging

For: York County residents 60 and older, who want to learn about the "10 Keys"™ to healthy aging, and many no-cost and low-cost preventative services provided by Medicare.

Dates, Times, and Locations:

Mondays, April 8-May 6, 9 am-11 am

Bob Hoffman YMCA, 1705 Palomino Dr., Dover

Call to register: YMCA at **717-292-5622**

Fridays, April 26-May 24, 12 pm-2pm

SpiriTrust Lutheran® Zimmerman Place

800 Bollinger Dr., Shrewsbury

Call to register: Megan at **717-771-9610**

Looking Beyond My Condition: Empowerment Tools to Manage Your Health, Your Way

For: York County residents 60 and older, who are living with ongoing medical conditions, such as high blood pressure, diabetes, heart disease, arthritis, COPD, stroke, cancer or others.

Dates, Times, and Locations:

Mondays, April 1-May 6, 12:30 pm-3 pm

York Jewish Community Center

2000 Hollywood Dr., York

Call to register: Megan at **717-771-9610**

2019 York County Senior Games

"Go for the Gold" at the 18th annual York County Senior Games! They will be held Monday, June 17th through Friday, June 21st.

The mission of the York County Senior Games is to promote fitness and healthy lifestyles for York County men and women aged 50 and older (by December 31, 2019). The York County Area Agency on Aging organizes this event, in conjunction with the Senior Games Planning Committee.

The Senior Games have grown significantly since they were first held in 2002, beginning as a one-day event. They have now expanded to five days, offering 48 different events. There's sure to be an event for anyone wishing to participate, from card games to running, swimming to shuffleboard, bocce to 9-hole golf, and for the first time this year - *Pickleball!*

Central York High School is home to the majority of events, although there are several other venues throughout York County. See the schedule for specific event times and community locations.

The Senior Games Information Desk, located inside the school's main entrance, will open at 9:00 a.m. on Monday, June 17th and will remain open every day from 9:00 a.m. to 3:00 p.m. through June 21st. Participants can pick up their senior games t-shirt at the Information Desk during the times listed. Bowling and Table Tennis participants will be able to pick up their t-shirts at those off-site events.

Eligibility and Age Divisions

Any York County resident 50 years of age or older as of December 31, 2019 may participate. Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+, unless otherwise indicated. Event coordinators reserve the right to consolidate age divisions for competition based on insufficient entries, modify rules and formats, or to cancel events. Each age group competes for medals. Some events are open to men and women separately.

Registration

There is a \$15.00 registration fee that enables you to participate in an unlimited number of non-conflicting events. Please note the registration deadline to be eligible to participate:

**REGISTRATION DEADLINE:
ALL REGISTRATIONS MUST BE
RECEIVED BY FRIDAY, JUNE 7TH.**



Registration booklets will be mailed to previous 2018 participants in April. Contact the York County Area Agency on Aging at 717- 771-9001, 1-800-632-9073 or aging@yorkcountypa.gov for more information or to be added to the mailing list. The registration booklet and registration form can also be downloaded from our website at www.ycaaa.org after April 1st.

Opening and Closing Events

The Opening Ceremony will be held on Tuesday, June 18th at 8:15 a.m. in the Central York High School Cafeteria. Bring your family and join us as we kick off this year's festivities, which will include a Color Guard, Parade of Athletes and official torch ceremony. The first 100 parade participants will receive a special gift.

The week of events will end with our Closing Celebration. It will be held on Friday, June 21st beginning at 4:00 PM at Central York High School Cafeteria, and will celebrate the week of activities, recognize medal winners and be a special time of sharing with new and old friends, including WSBA news anchor Mark McKenzie! Participants attending the Closing Celebration will be eligible for special prizes and must be present to win. All participants and their families are encouraged to attend!

Sponsors and Donations

The Senior Games are made possible by the financial support of local businesses, organizations, and individuals. Sponsors and donations are always accepted, as they continue to support the Games and ensure its future success.

There are many reasons to participate in the Senior Games! Some enjoy the competition and reward of accomplishment. Others look forward to seeing friends they've made from year to year. Sign up with a family member or friend and enjoy this wonderful opportunity to have some fun, fitness and fellowship!

Games for Fun, Games for Life!

Once registered, events can be added during the week of the Games, but new registrations will not be accepted after June 7th. The registration fee is non-refundable. Additional fees apply for some events.

Opening Ceremony

**Tuesday, June 18th
8:15 AM**

Central York High School Cafeteria

Join us for an exciting event of fellowship and celebration!

Parade of Athletes kick off at 8:15 a.m.

All current and past participants are needed for the Parade of Athletes!

**First 100 parade participants
receive a special gift!**



Activities include:

- Veterans Color Guard Presenting the Flag Ceremony
- Singing of the National Anthem
- Greetings from York County Commissioners & Director of York County Area Agency on Aging
- Welcome from Platinum Sponsors
- Recognized Gold Sponsors
- Official Torch Ceremony

Triathlon

2019 Triathlon events include:

**Softball Throw, 50-Yard Freestyle Swim and
100-Meter Run**

Participants of the Triathlon must compete in all three events during each of the scheduled event times. Points will be awarded to each athlete according to distance/accuracy score in softball throw, time in swimming and running events. Highest points in each of the following age brackets win: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; and 90+. There will be Men's and Women's Divisions. Awards will be announced during the Closing Celebration.

Closing Celebration

**Friday, June 21, 2019
4:00 PM**

**Central York High School
Cafeteria**



**Join the fun as we celebrate the week of
memorable events!**

Fellowship;
Triathlon Medal Winner Recognition;
Ice Cream Social and special prizes!

You must be present to win.

All participants and their families are invited to come together for the Closing Celebration!

2019 Schedule of Events

Monday, June 17

Bowling *Sponsored by PA LOTTERY*
Singles 9:00 AM, Doubles 12:00 PM
 Hanover Bowling Centre, 1630 Broadway,
 Hanover

A Walk in the Park with a York County Doc
*Hosted by Healthy York County Coalition's "York
 County Walks" Initiative*
9:00 AM John Rudy County Park
 400 Mundis Race Road, York

NEW - Pickle Ball *Hosted by David Meanor and
 Kenneth Swalgin, White Rose Pickleball Association*
**Men's Division 9:00 AM; Women's Division
 11:00 AM; Mixed Division 1:30 PM**
 Roll 'R' Way Rink, 940 Vander Avenue, York

Table Tennis *Hosted by Stewartstown United
 Methodist Church Table Tennis Club*
2:00 PM Hopewell Area Recreation & Parks
 16 College Avenue, Stewartstown

Did someone say Pickleball?

New for 2019 is our Pickleball event! If you've never played pickleball, the White Rose Pickleball Association is offering a practice session at the Roll 'R' Way Rink, 940 Vander Avenue, York, on Saturday, June 15 from 5:00-7:00 p.m. Paddles, balls and instruction will be available. A fee of \$5 will be collected at the rink. For more information contact Ken Swalgin at kxs1@psu.edu or call the rink at 717-577-4378.

Tuesday, June 18

(ALL events at Central York High School except Mini Golf)

Bocce *Hosted by Elizabeth DiLuigi*
Beginning at 9:00 AM; Specific times for age groups

Ladder Golf *Sponsored and hosted by
 MANORCARE HEALTH SERVICES*
Compete anytime between 9:00 AM to 2:00 PM

Soccer Kick *Sponsored and hosted by
 MANORCARE HEALTH SERVICES*
Compete anytime between 9:00 AM to 2:00 PM

Washers *Sponsored and hosted by AETNA™*
Compete anytime between 9:00 AM to 2:00 PM

Wii Archery *Hosted by Patricia Egger*
Compete anytime between 10:00 AM to 3:00 PM

Mini Golf *Sponsored by BELLOMO &
 ASSOCIATES, LLC and
 hosted by Heritage Hills Golf Resort*
Compete anytime between 1:00 PM to 5:30 PM
 Heritage Hills Golf Resort, 2700 Mt. Rose
 Avenue, York

Wednesday, June 19

(ALL events at Central York High School except Shooting)

Running Events *Sponsored by SPIRITRUST
 LUTHERAN® and hosted by Ross Stanko*

**5K Run/Walk 8:00 AM; 50 Meter 9:15 AM; 100
 Meter 9:45 AM; 4x100 Relay 10:15 AM;
 400 Meter 10:45 AM; Sprint Medley 11:15 AM;
 1600 Meter 11:45 PM**

Throws - Football, Frisbee and Softball
Hosted by Sharon and Clark Focht
Compete anytime between 9:00 AM to 2:00 PM

Shuffleboard *Hosted by SOS and SING*
Beginning at 10:00 AM; Specific times for age groups.

Target Shooting *Hosted by York Chapter # 67
 Izaak Walton League of America*
1:00 PM Izaak Walton League of America
 7131 Iron Stone Hill Road, Dallastown

Basketball Hoops *Hosted by Randy Grove*
Compete anytime between 3:00 PM to 5:00 PM.
 Event also offered on Thursday, June 20, choose
 one day.

Trap Shooting *Hosted by York Chapter # 67
 Izaak Walton League of America*
5:00 PM Optional Practice Round; 6:00 PM Event
 Izaak Walton League of America
 7131 Iron Stone Hill Road, Dallastown

Thursday, June 20

(ALL events at Central York High School except
 9-Hole Golf and Horseshoes)

9-Hole Golf *Hosted by Josh Kehler and Little
 Creek Golf Course*
8:00 AM Little Creek Golf Course
 Rt. 116, Spring Grove

Horseshoes *Hosted by Chris Kessler*
Singles 8:00 AM; Doubles Following Singles
 John Rudy Park, 400 Mundis Race Rd, York

Wii Bowling *Hosted by Dick and Sandy Bear and
 Heritage Senior Center*
Compete anytime between 9:00 AM to 3:00 PM
 Event also offered on Friday, June 21; choose one day.

Darts *Compliments of Staff Music and
 Amusements and hosted by Hope Eberly*
Compete in this event between 9:00 AM to 3:00 PM.
 Event also offered on Friday, June 21, choose one day.

500 Bid Card Game *Hosted by Patricia DiLuigi*
9:30 AM

Basketball Hoops *Hosted by Randy Grove*
Compete anytime between 3:00 PM to 5:00 PM.
 Event also offered on Wednesday, June 19, choose
 one day.

3 on 3 Basketball *Hosted by Randy Grove*
6:00 PM

Friday, June 21

(ALL events at Central York High School)

Cornhole *Sponsored and hosted by THE
 BRUNSWICK AT LONGSTOWN
 & COLONIAL MANOR
 NURSING AND REHAB*

Compete anytime between 8:30 AM to 12:00 PM.

Wii Bowling *Hosted by Dick and Sandy Bear and
 Heritage Senior Center*

Compete anytime between 9:00 AM to 1:00 PM
 Event also offered on Thursday, June 20, choose
 one day.

Darts *Compliments of Staff Music and
 Amusements and hosted by Hope Eberly*
Compete anytime between 9:00 AM to 1:00 PM.
 Event also offered on Thursday, June 20, choose
 one day.

Pinochle *Hosted by Kim Maglaughlin, Delta
 Senior Center Director*

9:00 AM

Swimming *Hosted by Catherine Lane and
 Patty Neidigh*

**Warm up begins at 9:30 AM. Events begin at
 9:45 AM.**

Poker 12:00 PM

VOLUNTEER for the Senior Games!

The 2019 York County Senior Games scheduled for June 17 – June 21, is in need of volunteers.

Do you know someone who can help?

- Can you commit a few hours of your time?
- Would your club or organization be willing to volunteer?
- Do you know of a responsible youth group or team, age 14 and older, who is looking for a volunteer opportunity?
- Would your place of employment allow you, or a team to volunteer?

There are many fun and different volunteer opportunities. Help is needed in the following areas:

- Scorekeeping at the various events.
- Picking up and delivering supplies and equipment during the Games.
- First Aid – medical support, and much more.

Volunteering for the Senior Games can be just as much fun as participating in the events! To learn more about volunteer opportunities, call (717) 771-9001 or email mmcraley@yorkcountypa.gov.

THANK YOU 2019 SPONSORS!

*The Senior Games could not be held
without the financial support of these
organizations!*

(Committed Sponsors as of press time)

~PLATINUM~



*The Brunswick at Longstown
&
Colonial Manor Nursing
and Rehab*

~GOLD~

aetna™

**Pennsylvania Lottery
SpiriTrust Lutheran®**

~SILVER~

Highmark® Blue Shield

~BRONZE~

Glatfelter Insurance Group

Normandie Ridge Senior Living Community

Shiloh American Legion Post 791

Visiting Angels Living Assistance Services

WellSpan Orthopedics

~SUPPORTER~

White Rose VFW Post 556

~MEDIA~



Your Life Your Wishes Task Force

Spring 2019 Program

Have you discussed “What if . . .?” If you were ill or injured and unable to speak, who would know what kind of care you would want? Regardless of your age or health condition, it is important to discuss your choices before a health crisis. Learn what you need to know to reduce confusion and stress, by making sure your wishes are known in advance.

Completing the “Advance Directive” forms can be done at no cost. The upcoming event will include a few short videos followed by a panel discussion with legal and medical professionals. These volunteers will share insights and offer the opportunity for questions and answers.

This is a free public health program with no commercial messages or intent.

All participants will receive a packet that includes advance directive forms and other helpful information. Please join us for this important conversation!

Advance Care Planning

Thursday, April 4

6:30-8:00 p.m.

Hampton Inn (Near the Galleria)

1550 Mt. Zion Road, York

There is no cost, but preregistration is required. For registration information: Call 717-851-2333 or dgogniat@wellspan.org. **Register Today!**

Beware of Scammers Pretending to be Social Security

In the digital age, frauds and scams are an unfortunate part of doing business online. Social Security urges you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. **Never reveal personal data to a stranger who called you.**

There's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. *Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID.* In some cases, the caller states that Social Security does not have all of your personal information, such as your Social

Security number (SSN), on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue. These calls are not from Social Security. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase, in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at **1-800-269-0271**.

Source: <https://blog.ssa.gov/beware-of-scammers-pretending-to-be-social-security/>

Medicare Advantage Open Enrollment Period Through March 31

What can I do?

- If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage plan (with or without drug coverage.)
- You can disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a Medicare Prescription Drug Plan.
- If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can change to another Medicare Advantage

Plan (with or without drug coverage) or go back to Original Medicare (with or without drug coverage) within the first three months you have Medicare.

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare Prescription Drug Plan if you're in Original Medicare.
- Switch from one Medicare Prescription Drug Plan to another if you're in Original Medicare.

When? January 1 through March 31

rabbittransit™ ~ Know Before You Go



Do you have questions about using rabbittransit's "Shared Ride" service (sometimes called "Paratransit" service)? Maybe you've been wondering...

...Am I eligible? Seniors 65 years of age and older are eligible for this door-to-door service. Eligibility requirements for individuals age 60-64, persons with disabilities, and other programs are detailed on our website at <http://rabbittransit.org/>.

...How far can I go? Most Shared Ride destinations are within your home county, however rabbittransit also provides regular trips to adjacent counties based on demand.

...Is it only for medical trips? No, there are no restrictions on the reason you may use our services, though there may be some restrictions on payment coverage based on funding source. You may use the service for all kinds of trips; grocery shopping, beauty salons, banking, recreation, physical therapy, visiting loved ones, fitness, and more!

...How much does it cost? There may be a copay each time you board the vehicle. The cost depends on many different factors. There is a required application and reservation process outlined on the website. For more information on pricing see the Shared Ride Guide on the website.

...Where can I purchase tickets? Paratransit tickets may be purchased in advance online or by mail. To purchase online, visit the website and click the "Fares" tab. To purchase by mail, please send a check and completed order form to rabbittransit™ at 415 Zarfoss Drive, York, PA 17404. Order forms can be mailed to you or found online.

...Can I bring my mobility device/aids? All vehicles are ADA-accessible and service animals are permitted onboard. Those traveling with a wheelchair or service animal should indicate that when booking the trip.

...Can I bring a Personal Care Assistant? Passengers requiring a personal care assistant are required to have their physician complete documentation. The Personal Care Assistant form is located on our website under *Shared Ride>Reservations>Personal Care Assistant* tabs.

Once this form is completed and filed with rabbittransit™, passengers will be permitted to bring one (1) personal care assistant on board with them. A personal care assistant trip must be noted at the time the passenger makes a reservation. Please note that a personal care assistant differs from an escort in that the personal care assistant must be physically able to assist the passenger.

You may bring someone with you as a personal care assistant at no cost to you in the following situations:

- If you are under 18, you can be escorted by a parent or other relative/guardian.
- If you cannot travel independently, or you need any assistance due to age, illness, physical or mental disability. *A personal care assistant needed in this capacity must be verified by a physician.*
- If you do not speak English, you can bring someone with you to interpret on your behalf.

More answers to your questions can be found in the Paratransit Shared Ride Guide available on the website, under the Shared Ride tab. You can also call our Customer Call Center at **1-800-632-9063** to request that a guide be mailed to you.

REAL ID in Pennsylvania

What is REAL ID?

Beginning October 1, 2020, Pennsylvanians will **need** a REAL ID-compliant license, identification card, or another form of federally-acceptable identification (such as a valid passport or military ID) to:

- Board **domestic** commercial flights.
- Enter a military base.
- Enter a federal facility that requires ID at the door.

The REAL ID Act is a federal law passed by Congress after Sept. 11, 2001, that sets minimum federal standards for state-issued driver's licenses and ID cards to be accepted for certain federal purposes. REAL ID is available **now**, if desired.

Do I have to get a REAL ID?

No, REAL ID is **optional** for Pennsylvania residents. If you have a valid U.S. Passport or U.S. Passport Card, military ID, or another federally-approved identification, you may use this as your form of identification to pass a security checkpoint at airports nationwide, and to visit a secure federal building or military installations at any time.

When do I need to get a REAL ID if I don't have a passport, and need to use my PA driver's license or ID card to board a domestic flight?

Beginning October 1, 2020, Pennsylvanians will **need** a REAL ID-compliant license, PA identification card, military ID or a **U.S. Passport** to board **domestic** commercial flights or enter a federal facility.

Can I board a plane with the license I have now?

Yes. For now. The **final** REAL ID deadline - the date in which Pennsylvanians will need a REAL ID or a passport **to fly within the U.S.** is October 1, 2020.

I need or desire to have a REAL ID. How do I get one?

REAL ID is available now. PennDOT verifies the following **original** documents in person, per federal regulations. *You may bring them to any driver's license center for verification.*



- Proof of Identity**, such as an original or certified copy of a birth certificate with a raised seal. You can also bring a valid U.S. Passport.
- Social Security card**
- TWO proofs of current, physical PA address**, such as a current, unexpired PA license or ID, and a PA vehicle registration.
- Proof of all Legal Name Changes**, if applicable, such as a court-issued marriage certificate, or court order issued by your county's family court.

If you already have a U.S. Passport or Passport Card, but want a REAL ID, we recommend that you wait until your next renewal to obtain one, and avoid the initial rush.

For more information call **717-412-5300**.

Source: <https://www.pa.gov/guides/real-id-pennsylvania/>

Mark Your Calendars for 2019 Memorial Day Services

York, PA – The York County Department of Veterans Affairs will hold a Memorial Day Observance and Wreath Laying Ceremony on Monday, May 27, 2019, beginning at 11:00 a.m. The ceremony will be held at William Penn Park in York City. For more information, contact the York County Department of Veterans Affairs at yorkvet@yorkcountypa.gov or 717-771-9218.

Hanover, PA – The Annual Memorial Day Parade will be held Monday, May 27, 2019 at 8:30 a.m. It will start on Carlisle Street, between Chestnut Street and Library Place, proceeding straight ahead onto Baltimore Street, taking a direct route to Mount Olivet Cemetery. Services will be held in the cemetery at the platform near the soldiers' monument. The Hanover Lancers Drum & Bugle Corp is performing a concert following the service, across the street from the American Legion (Park Avenue) at approximately 10:15 a.m. For more information please contact Dan Davies, Chief Marshal, Allied Veterans Council of Hanover at 717-476-2284, or Main St. Hanover at 717-637-6130.

EXPANDED FOOD BOX PROGRAM!

Attention Seniors . . . would you like to get a **FREE BOX OF FOOD EVERY MONTH?**

The Senior Food Box program, through the York County Food Bank, has just been **expanded** to provide additional food boxes to those who qualify and are in need. Monthly income limit is \$1,354 for a single, and \$1,832 for a 2-person household. Each box is valued at about \$50 worth of FREE food. There are three new distribution sites in Goldsboro, Glen Rock, and Stewartstown.

**Call The Senior Box Hotline at
717-846-6435 ext. 209
Monday through Friday
from 10:00 am—12:00 pm
for information and
to get started.**

**YORK
COUNTY
FOOD BANK**

254 W. Princess St., York



**All of the care you need at our
LIFE Health and Wellness Center.
And in your home.**

Senior LIFE is the local LIFE Program that provides all of the healthcare and personal support services seniors need to continue to live in their home and not a nursing home.

**No cost to enroll for those who qualify.
Call today to schedule a FREE LUNCH
and TOUR of your local LIFE Health and
Wellness Center.**

**SeniorLIFEPA.com
717-757-5433
1500 Memory Ln. Ext.
York, PA 17402
Home Today.
Home for LIFE.**

**Call today to
learn about our
Paid Caregiver
Program.**

Cosigning for Student Loans—A Snapshot of Issues

A recent Consumer Finance Protection Bureau (CFPB) report has noted that the number of **consumers age 60 and older with student-loan debt** has quadrupled over the last decade in the United States, and the average amount they owe has also dramatically increased. In 2015, older consumers owed an estimated \$66.7 billion in student loans. **Consumers age 60 and older are the fastest growing age-segment of the student loan market.**

This trend is the result of the growing number of parents and grandparents financing their children's and grandchildren's college educations. The amounts of debt older consumers owe for their education and the education of others is likely to be understated by these trends. The analysis shows that *older consumers have also borrowed for their education and the education of others using home equity loans, credit cards, or other loans.*

**In 2015, for example, 37 percent
of federal student loan borrowers
age 65 and older were in default.**

This raises important questions about the effect of student loan debt on retirement security for older borrowers and co-signers alike, and the financial risk many parents or grandparents assume when

financing their children or grandchildren's educations.

The number of borrowers age 65 and older who had their Social Security benefits offset (partially taken) to repay a **federal** student loan **quintupled** from 2005 to 2015. Social Security benefits are the only source of regular retirement income for 69 percent of beneficiaries age 65 and older. This means that benefit offsets may impose serious financial hardship for many of the affected older borrowers.

Older student-loan cosigners who are on fixed incomes, report many issues and concerns once repayment is a reality. Some of these include:

- Servicing roadblocks and processing errors
- Payments not being allocated exclusively to the loans that they co-signed.
- Servicing difficulties that impact their ability to repay the loan.
- Difficulties with co-signer release.
- Multiple calls weekly and sometimes daily from debt collectors.
- Aggressive debt collection tactics cause fear, high levels of stress, and sometimes, undue strain on their health.

For further information and help, contact the following resources below:

TO SUBMIT A COMPLAINT:

By phone: 1-855-411-2372

TTY/TDD: 1-855-729-2372

Online: <https://www.consumerfinance.gov/complaint/>

By mail: Consumer Financial Protection Bureau
PO Box 4503
Iowa City, Iowa 52244

By fax: 1-855-237-2392

TO REACH THE CFPB'S STUDENT LOAN OMBUDSMAN:

By phone: 202-435-7880

TO REACH THE OFFICE OF OLDER AMERICANS:

By phone: 1-855-411-2372

TO REACH EITHER OFFICE BY MAIL:

By email: students@cfpb.gov

By mail: Consumer Financial Protection Bureau
1700 G Street NW
Washington, DC 20552

Source: Consumer Financial Protection Bureau www.consumerfinance.gov

Pennsylvania's Pharmaceutical Assistance Program for Older Adults

PACE and PACENET

PACE and PACENET offer comprehensive prescription coverage to older Pennsylvanians. They cover most prescription medications, including insulin, syringes and insulin needles.

These programs do not cover over-the-counter medicines, medical equipment or doctor, hospital, dental or vision services. There is no application fee to enroll in the program.

PACE

To be eligible for PACE you must be 65 years of age or older, a Pennsylvania resident for at least 90 consecutive days, not receiving Medicaid (Medical Assistance) and meet the income requirements. Eligibility is determined by your previous calendar year's income. For a single person, your total income must be \$14,500 or less. For a married

couple, your combined total income must be \$17,700 or less. Social Security Medicare Part B premiums are now excluded from income.

Once you are enrolled in the PACE program, a benefit card will be sent to you, and you will pay no more than \$6 for each generic prescription medication and no more than \$9 for each brand-name prescription at your pharmacy. These copayments are based on a 30-day supply.



PACENET

To be eligible for PACENET, you must also be 65 years of age or older, a Pennsylvania resident for at least 90 consecutive days, not receiving Medicaid benefits and meet specific income limits.

PACENET's income limits are slightly higher than those for PACE. Eligibility is based on the previous calendar year's income. A single person's total income can be between \$14,501 and \$27,500. A couple's combined total income can be between \$17,701 and \$35,500. Once you are enrolled in the PACENET program, a benefit card will be sent to you. Social Security Medicare Part B premiums are now excluded from income.

PACENET cardholders who do not enroll in a Part D plan: When you first use your PACENET card, and in the months that follow, you will have to pay a monthly deductible that is equal to the regional benchmark premium for Part D, which is \$37.03 for 2019. After you pay this deductible at the pharmacy, you will pay the PACENET copays for your medications (\$8 for generics and \$15 for name brand medications).

PACENET cardholders enrolled in one of the program's partner Part D plans will have to pay the Part D plan's premium at the pharmacy. You will never be charged more than the cost of the medication at one time. Therefore, if the cost of your medication is less than the amount of premium you owe, you only pay the cost of the medication and the remaining amount of the premium you owe will be carried over until you need another medication filled (that same month or the next month.)

APPLICATION PROCESS

The same application can be used for both PACE and PACENET. You can complete the application online at <https://pacecares.magellanhealth.com> or pick up an application at the York County Area Agency on Aging and most State Legislative Offices. For assistance with the application process, call PACE/PACENET Cardholder Services toll free at **1-800-225-7223**, or the PACE Application Center (Benefits Data Trust) at **1-866-712-2060**, or the **York County APPRISE Program at 717-771-9008 or 1-800-632-9073**. Completed applications can be faxed to 1-888-656-0372.

Do You Have Medicare?



Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? Are you currently in the donut hole and need assistance? The APPRISE PROGRAM can help!

What is APPRISE?

APPRISE is a free health insurance counseling program provided by the PA Department of Aging, designed to help all Pennsylvanians with Medicare. APPRISE counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information.

How can the APPRISE Program help you?

APPRISE can help with:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparison
- Screening and applying for financial assistance programs
- Medicare Appeals

*Get connected to your local APPRISE Program. Call the York County Area Agency on Aging today, at **717-771-9008**.*

You may qualify for financial assistance programs!

APPRISE wants to make sure you and your friends who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help: can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap! **You may qualify if:**

- You are single and have total monthly income of less than \$1,581/month, and less than \$14,390 in resources.
 - You are married and have a total income of less than \$2,134/month, and less than \$28,720 in resources.
- *There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

Medicare Savings Program: can help you with the payment of your Part B Premium!

You may qualify if:

- You are single and have a total monthly income of less than \$1,426/month, and less than \$7,730 in resources
- You are married and have a total monthly income of less than \$1,923/month, and less than \$11,600 in resources.

*Medicare Savings Program can possibly help with the payment of your Medicare Part A and Part B cost-sharing. There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.

ANNUAL ELDER LAW UPDATE

By: Robert Clofine, Certified Elder Law Attorney, practicing in York

If things stayed the same, keeping up with the law would be a breeze. Unfortunately, tax and Medicaid laws seem to change on a daily basis. Over the past year, there have been a number of developments. In this article, I'll offer some of the highlights.

As a result of President Trump's tax package, the federal estate tax exemption has increased to \$11.4 million for those dying in 2019. This means that your estate will not be subject to federal estate taxes in 2019 unless it exceeds \$11.4 million. If you are fortunate enough to have such a large estate, the amount in excess of the exemption will be taxed at 40%.

A companion to the estate tax is the federal gift tax. On the gift tax side, the so-called annual gift tax is now \$15,000 for gifts made in 2019. This means that you can gift up to \$15,000 to each recipient each year without having to file any gift tax return or declare any gift. If you exceed this amount, you have to file a gift tax return and use some of your \$11.4 million estate tax exemption. **Keep in mind that this is a federal gift tax rule and it has no bearing on how those gifts might be treated if you need to seek Medicaid benefits for long-term care.** Medicaid is a public benefit program that pays for nursing home care if you meet certain guidelines. Under the current Medicaid rules, most gifts made within 5 years of asking for Medicaid will make you ineligible for Medicaid and therefore create a problem. This means you must be extremely cautious when making any gift.

While the Medicaid program has a very strict rule on making gifts in order to qualify for benefits, each January we do get an increase in the "Community Spouse Resource Allowance". This is the amount that a healthy spouse gets to keep when the "sick" spouse enters a nursing home. For nursing facility residents, Pennsylvania's general rule is that the healthy spouse can keep one-half of the available resources that were owned by the couple on the date of admission to the nursing facility. However, this protected "Community Spouse Resource Allowance" is subject to a ceiling and a floor. In 2019, the maximum is \$126,420 and the minimum is \$25,284. This means that if the couple has \$300,000 in savings when the husband enters the nursing home, the wife's

protected share is \$126,420 and not one-half of the assets. Once the couple has reduced their countable resources to the eligibility limit, the spouse in the nursing home qualifies for Medicaid benefits. Once on Medicaid, the most that the couple has to pay towards nursing home expenses is the institutionalized spouse's income, which typically consists of Social Security benefits and pension income. Keep in mind that this is the bare minimum protection for the community spouse. Fortunately, you can take steps to increase these protections even after there is a placement in a nursing home. Despite the 5-year rule, it's never too late to preserve assets.

In addition to the "resource" protections for a so-called community spouse, there are also income protections. The income protections are designed to ensure that the community spouse has sufficient monthly income to meet his or her needs when the sick spouse enters a nursing home. Under the guidelines, the community spouse is entitled to keep all of his or her income. If the community spouse's income is less than his or her "income allowance," then they are entitled to keep a portion of the institutionalized spouse income. In 2019, the "income allowance" which takes into consideration one's housing expenses, is a maximum of \$3,160.50 per month and a minimum of \$2,058 per month.

A final 2019 change is the amount of the Medicare skilled nursing facility co-pay. If you recall, traditional Medicare's coverage for nursing home care is limited to "skilled" care only for a maximum of 100 days. If you are in a skilled nursing facility after a 3-day hospital stay (observation status does not count) and meet all the other requirements, then Medicare Part A will cover up to 100 days of skilled care for each benefit period. Under Part A, the total cost at the nursing home, including all room charges and prescription drugs, is covered. For the first 20 days of skilled care, traditional Medicare pays 100%. If you continue to need "skilled" care, then for days 21-100, there is a co-payment of \$170.50 per day in 2019. Similar coverage is provided if you get your health care through a Medicare Advantage plan rather than traditional Medicare.



*Daylight Savings Time begins
Sunday, March 10th*

*Set your clocks **forward** by one hour.*

Yearly "Wellness" Visits

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit once every 12 months, to develop or update a personalized prevention plan.

Your costs in Original Medicare

You pay nothing for this visit if your doctor or other qualified health care provider accepts assignment. In addition, the Part B deductible doesn't apply.

However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider **performs additional tests or services during the same visit.**
- These additional tests or services **are not covered under the preventive benefits.**

What is a "Wellness Visit"?

This plan helps to prevent disease and disability, based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It can also include:

- A review of your medical and family history.
- Developing or updating a list of current providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.
- Detection of any cognitive impairment.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services.
- Advance care planning

Source: www.medicare.gov/coverage/yearly-wellness-visits

YORK COUNTY SENIOR CENTERS

Senior centers are a place for socialization, health promotion, learning, and a gateway to fun, friends and fulfillment! York County residents age 60 and older are welcome to visit a center in their area and enjoy the many activities available to them. Listed below is the contact information for York County senior centers:

CRISPUS ATTUCKS ASSOCIATION

605 South Duke St., York
Director: Robin Beatty-Smith
Phone: 717-848-3610
Hours: Monday-Friday, 9:00 AM - 3:00 PM
Website: www.crispusattucks.org

DELTA AREA SENIOR CENTER, INC.

5 Pendyrus St., Suite 1, Delta
Director: Kim Maglaughlin
Phone: 717-456-5753
Hours: Monday- Friday, 7:00 AM -2:00 PM
Website: www.deltaseniorcenter.net

DILLSBURG SENIOR ACTIVITY CENTER, INC.

1 North Second St., Dillsburg
Director: Scott Shughart
Phone: 717-432-2216
Hours: Monday- Friday, 8:00 AM- 3:00 PM

GOLDEN CONNECTIONS COMMUNITY CENTER, INC.

20-C Gotham Place, Red Lion
Director: Heather Goebeler
Phone: 717-244-7229
Hours: Monday-Friday, 8:30 AM-2:30 PM
Website: www.gcccenr.com

HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Road, Dover
Director: Emma Crossley
Phone: 717-292-7471
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.heritagesrcenter.org

NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386
131 Center St., Mount Wolf
Director: Deb Davis
Phone: 717-266-1400
Hours: Monday-Friday, 8:00 AM -2:00 PM
Website: [http:// www.mtwolf.org/SeniorCenter/](http://www.mtwolf.org/SeniorCenter/)

RED LAND SENIOR CENTER, INC.

736 Wyndamere Road, Lewisberry
Director: Jen Washburn
Phone: 717-938-4649 or 717-938-4640
Hours: Monday - Friday, 8:30 AM -3:00 PM
Website: www.redlandseniorcenter.org

SEPTEMBER HOUSE SENIOR CENTER

1251 West King St., York
Director: Susan K. Jones
Phone: 717-848-4417
Hours: Monday-Friday, 8:00 AM- 4:00 PM

SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC

150 East Main St., New Freedom
Director: Sandy Wehr
Phone: 717-235-6060
Hours: Monday- Friday, 8:00 AM-3:00 PM
www.southcentrallyorkcountysrctr.webs.com

STEWARTSTOWN SENIOR CENTER, INC.

26 South Main St., Stewartstown
Director: Rosie Horton
Phone: 717-993-3488
Hours: Monday-Friday, 8:30 AM-3:00 PM
Website: www.stewsenior.org

SUSQUEHANNA SENIOR CENTER, INC.

2427 Craley Road, Wrightsville
Director: Trena Howard
Phone: 717-244-0340
Hours: Monday-Friday, 8:00 AM – 2:30 PM
Website: www.susquehannaseniorcenter.org

WHITE ROSE SENIOR CENTER, INC.

27 South Broad St., York
Director: Lisa Krout
Phone: 717-843-9704
Hours: Monday-Friday, 8:00 AM- 4:00 PM
Website: www.whiteroseseniorcenter.org

WINDY HILL ON THE CAMPUS, INC.

1472 Roth's Church Road, Suite 103, Spring Grove
Director: Tammy Miller
Phone: 717-225-0733
Hours: Monday-Friday, 8:30 AM- 2:30 PM
Website: www.windyhillonthecampus.org

YORKTOWN SENIOR CENTER, INC.

509 Pacific Avenue, York
Director: Kelly Frey
Phone: 717-854-0693
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.yorktownseniorcenter.org

PRE-RETIREMENT SEMINARS

Get Help Understanding the Medicare Puzzle



Are you recently retired or considering retirement? Do you find Medicare to be confusing and intimidating? If so, the **Medicare Facts for New or Pre-Retirees** seminar is for you.

These **free** events will be presented by the York County Area Agency on Aging's APPRISE Program. APPRISE is the state health insurance counseling program for all Medicare beneficiaries in Pennsylvania.

These seminars are scheduled for **Thursday, March 28th or Thursday, May 30th, from 6 p.m. to 9 p.m.**, in meeting room #1 of the Penn State Extension Offices, York County Annex, 112 Pleasant Acres Road in Springettsbury Township, York. Pre-registration is required due to limited seating.

Topics to be covered include:

- Review of benefits provided under Medicare
- Original Medicare and Medicare Advantage Plan coverage options
- Medicare prescription drug coverage and tools to navigate the "Drug Plan Finder"
- Medicare Savings Programs
- Medicare Preventive Services
- Supplemental Insurance/ Medigap Plans
- MyMedicare.gov and other technological tools

Please call 717-771-9008 or 1-800-632-9073 or email aging@yorkcountypa.gov for more information and to register.

2nd ANNUAL DIABETES EXPO

When: Saturday, March 23rd, 9 a.m. – 3 p.m.

Location: Penn State York
1031 Edgecomb Ave., York

Target Audience: For adults at-risk for or diagnosed with diabetes and their families. **Cost:** FREE! **Registration:** Open event, no registration needed. *Door prizes and free food! Community resources and vendors.*

***10 AM: "Eat Right, Live Right, Feel Right"®.** Attend a cooking and tasting demo.

***12 PM: Dr. Renu Joshi,** Vice President, Chronic Disease Population Health Management, Medical Director Endocrinology Chairperson, Diabetes Clinical Initiative UPMC Pinnacle

***2 PM: Advance Care Planning,** presented by Healthy York County Coalition's *Your Life Your Wishes Task Force.*

Free Screenings: • glucose • cholesterol • BMI • A1C • balance testing

Ride free on Route 10S to the Expo! Contact rabbittransit for additional transportation options at 1-844-724-7433.

For more info, please contact Amber at 717-456-0565 or email ykdiabetescoalition@gmail.com.

2019 Senior Farmers Market Nutrition Program

- The York County Area Agency on Aging, in conjunction with the PA Department of Agriculture, will again distribute \$20 fruit and vegetable vouchers to qualifying seniors to buy fresh fruit and vegetables from participating local farmers' markets. Vouchers are redeemable from June 1 through November 30, 2019.
- **Qualifying seniors must show proof of:** York County residency and 60 years of age by December 31, 2019. (Driver's license or PA ID.)
 - **Total gross annual 2019 household income must be at or below:** \$23,107/single person or \$31,284/ 2-person household - Both can receive the vouchers if within the eligible income limits.

Seniors living in a nursing home, personal care home, or any residential facility where meals are provided are not eligible to receive vouchers.

VOUCHER DISTRIBUTION SCHEDULE

- Calvary United Methodist Church**
11 North Richland Avenue, York
Monday, May 20 **9:30 AM – 11:30 AM**
- Northeastern Senior Community Center**
131 Center Street, Mount Wolf
Tuesday, May 21 **9:30 AM – 11:30 AM**
- South Central York County Senior Center**
150 East Main Street, New Freedom
Thursday, May 23 **9:30 AM – 11:30 AM**
- Yorktown Senior Center**
509 Pacific Avenue, York
Tuesday, May 28 **9:30 AM – 11:30 AM**
- Stewartstown Senior Center**
26 South Main Street, Stewartstown
Wednesday, May 29 **9:30 AM – 11:30 AM**
- Heritage Senior Center**
3700 Davidsburg Road, Dover
Thursday, May 30 **9:30 AM – 11:30 AM**
- Crispus Attucks Association**
605 South Duke Street, York
Friday, May 31 **9:30 AM – 11:30 AM**
- Susquehanna Area Senior Center**
2427 Craley Road, Wrightsville
Monday, June 3 **9:30 AM – 11:30 AM**
- Delta Area Senior Center**
5 Pendyrus Street, Suite 1, Delta
Tuesday, June 4 **9:30 AM – 11:30 AM**
- Windy Hill On The Campus**
1472 Roth's Church Road, Spring Grove
Wednesday, June 5 **9:30 AM – 11:30 AM**
- Golden Connections Community Center**
20-C Gotham Place, Red Lion
Thursday, June 6 **9:30 AM – 11:30 AM**
Thursday, August 1 **9:30 AM – 11:30 AM**



- White Rose Senior Center**
27 South Broad Street, York
Tuesday, June 25 **9:00 AM – 11:30 AM**
Tuesday, August 13 **9:30 AM – 11:30 AM**
- Hanover Council of Churches**
136 Carlisle Street, Hanover
Tuesday, July 9 **9:30 AM – 11:30 AM**
- Red Land Senior Center**
736 Wyndamere Road, Lewisberry
Thursday, July 11 **9:30 AM – 11:30 AM**
- Whitecomb's Farm Market**
2410 Roosevelt Avenue, York
Monday, July 15 **9:30 AM – 11:30 AM**
- Brown's Orchards** (Pavilion)
8892 Susquehanna Trail South, Loganville
Tuesday, July 16 **9:30 AM – 11:30 AM**
Tuesday, August 20 **9:30 AM – 11:30 AM**
- Flinchbaugh's Orchards** (Pavilion)
110 Ducktown Road, York (Hellam)
Thursday, July 18 **9:30 AM – 11:30 AM**
- Dillsburg Senior Activity Center**
1 North Second Street, Dillsburg
Tuesday, July 23 **9:30 AM – 11:30 AM**
- York Central Market**
34 W. Philadelphia Street, York
(Philadelphia Street & Beaver Street)
Thursday, July 25 **9:00 AM – 11:00 AM**

York County Area Agency on Aging
100 W. Market Street
York, PA 17401
(717) 771-9610

PRESORTED
STANDARD
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HARRISBURG, PA
PERMIT NO. 75

- Calvary Bible Church**
603 Wilson Avenue, Hanover
Monday, July 29 **9:30 AM – 11:30 AM**
- Aldersgate United Methodist Church**
397 Tyler Run Road, York
Tuesday, July 30 **9:30 AM – 11:30 AM**
- Manchester Township Municipal Office**
3200 Farmtrail Road, York
Thursday, August 8 **9:30 AM – 11:30 AM**
- Springettsbury Township Municipal Office**
1501 Mt. Zion Road, York
Wednesday, August 21 **9:30 AM – 11:30 AM**
- West Manchester Township Municipal Office**
380 East Berlin Road, York
Wednesday, August 28 **9:30 AM – 11:30 AM**

A 2019 proxy form is required for voucher recipients **when someone else is picking up the vouchers for them, including POA's.** Proof of age and York County residency for the eligible person must be shown. **The proxy must also show photo ID.**

**ONLY 2019 PROXY FORMS
WILL BE ACCEPTED!**
They are available at most Senior Centers,
the Agency on Aging, or www.ycaaa.org.